

The Cross-Sectional Relations of Covid-19 Fear and Stress to Psychological Distress Among Frontline Healthcare Workers in Selangor, Malaysia

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Abstract— The study has been stated some impacts of Covid 19 on the psychological aspect among the healthcare workers who related to different hospitals in Malaysia. This study determined some key factors that impacted majorly on the psychological state of mind of the participants and tried to discuss about some effective solutions for the issues arisen in the pandemic period.

Keywords— Psychological Distress, Depression, Anxiety, Personal Protective Equipment, Coronavirus.

I. INTRODUCTION

The Covid 19 created the pandemic situation in the year of 2020 as declared by the WHO throughout the world. This pandemic situation had caused some disruption in terms of the social interaction among the peoples as well as in the working environment in most of the industries of the world. In the country, Malaysia, there were also several impacts of Covid 19 that affected the daily life of the workers of different sectors cross sectional as well as longitudinally. The unpredicted outbreak of this dangerous virus related to high mortality rate as well as high morbidity rate in the country. It was responsible for some psychological distress of most of the population of the country that made some workers to be depressed in that situation.

II. LITERATURE REVIEW

The outbreak of Covid-19 also has increased the fears and anxiety among the frontline health workers of Malaysia due to the number of deaths and severe cases. The views of Mihalache and Mihalache, (2022) has stated that earlier pandemic and epidemics also led to a major impact on the

mental health of the employees and workers as there have been unprecedented restrictions on social interaction. As a result, the effects of Covid-19 have also increased the mental health issues such as "depression, mental disorder and increased stress level" of the frontline workers. Furthermore, it can be further argued that prolonged lockdown has been identified as one of the main factors which have led to psychological distress.

This is major because the quality of life of healthcare workers has been affected by the outbreak of Covid-19. The study by Qin and Men (2022) has reflected that the healthcare workers and staff of Malaysia also had to face extreme work pressure during the global pandemic as the Covid-19 cases have been increasing rapidly. On the other hand, many workers in the healthcare industry of this country also have been reported with symptoms and psychological distress of trauma, stress suicidal thoughts and depression. Besides that, the signs and worrying symptoms of suicidal thoughts and mental disorders also have been increasing among the workers. As reflected by the ideas of Su et al. (2022), many healthcare workers also lost their jobs and employment during the global pandemic due to the poor conditions of the environment which has affected their mental health. In the context of Covid-19, healthcare workers also had to work for almost 16 to 18 almost every day in order to treat patients suffering from coronavirus. In the same situation, Malaysians were forbidden from organising social events; instead, they were required to follow government procedure and maintain social distance (Batra et al. 2020).

III. METHODOLOGY

This research study was designed by cross-section as there were some universal sampling techniques that had been used

in order to get the present sample. There were also some non-responsive participants that were near around 28% of the total cases. The present study had been made over the 200 healthcare workers and among those there were 80% of female candidates and 20% of the male candidates who related to three different hospitals situated in Selangor of Malaysia in the hospital sector. Continuous development is required to develop efficiency in performance (Riadet al. 2021). The average age of the total participants was 33 years and it ranged from 23 years to 58 years.

IV. ANALYSIS AND RESULTS

The nurses, physicians and staff have been found to be largely affected by the effects of Covid-19 as they have been under extreme pressure for the care and treatment of the patients. From the analysis of the data, it has been observed that there has fear of the spread of the virus which can also increase the number of Covid cases. The study by Vu et al. (2022) has argued that shortages in medical facilities such as personal protective equipment (PPE) have also caused stress among healthcare workers as they had to come in close contact with the patients.

As a result, the healthcare workers of this country also have been affected by the coronavirus which resulted in the isolation of the nurses. The psychological problems of the health professional are primarily influenced by a number of important elements, including age, work shifts, Covid 19 stress, and many more (Romero et al. 2022).

On the other hand, the workers also had to face issues due to a lack of oxygen supply and extremely poor facilities of healthcare in Malaysia. Besides that, many workers in this industry also were not skilled and prepared to deal with the challenges of Covid-19 (Nayalet al. 2022).

However, when imposed with the challenges of Covid-19, healthcare workers were also not protected from the coronavirus which has also affected their families. As per the information collected from the participants who participated in the survey arranged by the researchers, there are some statistical values that are found based on the information.

The statistical values represented the descriptive as well as validated numerical values for the analysis process. The normality assumption was properly maintained on the statistical values as all the information in terms of skew as well as the kurtosis index was in the acceptable range.

There are two attributes that are positively integrated and used in the form of log10 transformation for all the entities in the analytical table. The outbreak of the pandemic has increased mental health issues around the world (Subhas et al. 2021).

V. DISCUSSION

Based on the statistical data and information from the analytical table some basic key foundation had been notified by the researcher. There is a requirement for developing healthcare facilities in different nations (Ozili et al. 2023). The present study observed the relative effect of “socio

demographic” as well as “occupational” attributes and the fear of Covid 19 related to the stress as well as the psychological distress of the health workers in Malaysia (Voorhees et al. 2020).

VI. CONCLUSION

This study concluded some key constraints of fear and stress related to various issues among the healthcare workers during the time of pandemic in Malaysia. The study is important for demonstrating the Covid 19 stress that has been evaluated by some key consistent attributes that indicates the impact of anxiety as well as the depression on the participants. The key findings of the study suggested that future psychological health research must be focused on creating some developed interventions with some clinical trial structure in order to deal with the major psychological issues due to Covid 19.

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